



Menstrual Intimacy Journal



YOUR JOURNEY BACK HOME
TO YOU

Welcome to the world of YOU!

I am so happy you have finally arrived and I know that if you devote to the practice of getting intimate with your cycle you will discover that all that you have been seeking has been right here all along.

To make the best use of this journal we recommend that you take your time, there is no rush to get it right, in fact there is no right or wrong when it comes to Menstrual Intimacy. It is a process of getting to know you, your cyclical nature, your needs, challenges and desires throughout the different phases of your cycle.

"One of the most empowering things you can do as a woman is to get to know the patterns of your body and feelings and learn how to work with them"

- Wild Power



Calendar Date __/__/__

MENSTRUAL DAY:

SEASON INNER:

OUTER:

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

Mood

Sleep

Energy levels

Food

Physical

Movement

Needs

Focus

Relationships

What worked today?

What needs weren't met today?

What I learned about myself today

Evening



MOST POSITIVE THING ABOUT TODAY WAS...

I AM GREATFUL FOR...

I GO TO BED FEELING...

TOMORROW I WISH TO...

Evening Notes

MOST POSITIVE THING ABOUT TODAY WAS...

Remember that beautiful bird you saw, or when your child sat playing for a whole 15mins or you got to drink your coffee warm, or your favourite song came on and you sang along? When our day doesn't go to plan it can be easy to forget the good things. Allowing time to remember them in the evening can end your day in a completely different way.

I AM GREATFUL FOR...

It can be difficult at times to feel grateful when our minds are used to focusing on all the negatives. This is not aimed at bypassing the negative thoughts, feelings, beliefs but allowing some room amongst them for the good things too. We can be grateful for the small things or the things we take for granted or for the special moments, the beauty and love that surrounds us, anything. When we tune into the frequency of gratitude and invite more reasons in to feel grateful, we open ourselves up to feeling more grateful.



Evening Notes



I GO TO BED FEELING...

This is your opportunity to acknowledge your day and all that it contained. It will have shown you where you need to nurture yourself more, it will have shown you where you are or are not supporting yourself, reflecting and writing will prompt you into the actions you need to take and that can bring clarity, peace, satisfaction, gratitude, joy, renewed enthusiasm from an otherwise unremarkable day.

TOMORROW I WISH TO...

Setting intentions doesn't mean we need to control our day, or feel disappointed if it doesn't work out as planned, But it lets our subconscious and even our conscious know what we want to invite in and therefore we are more likely over time to achieve that.

Inner Spring



THINGS THAT WORK FOR ME

THINGS THAT DON'T WORK FOR ME

THINGS TO TRY NEXT TIME

REFLECTION

Inner Summer



THINGS THAT WORK FOR ME

THINGS THAT DON'T WORK FOR ME

THINGS TO TRY NEXT TIME

REFLECTION

Inner Autumn



THINGS THAT WORK FOR ME

THINGS THAT DON'T WORK FOR ME

THINGS TO TRY NEXT TIME

REFLECTION

Inner Winter



THINGS THAT WORK FOR ME

THINGS THAT DON'T WORK FOR ME

THINGS TO TRY NEXT TIME

REFLECTION



Sandra Walker

SOUL REGENERATION

